



# Student wellbeing and online learning: Tips for students

Due to the current outbreak of the COVID-19 strain of the corona virus many higher education providers have switched to online delivery of all or many of their courses. Some providers have a lot of experience in online teaching while others are new to the experience. The same is true for the students in higher education.

At a time where many students have to get used to a new way of studying and learning TEQSA would like to offer some resources to assist students in their adjustment to online learning.

## Online safety

Providers are doing their best to ensure your learning environment is safe. You as students can also help the providers to keep yourself and others safe by being well informed about the dangers and opportunities of the online environment.

### Online learning system

All providers using online learning should be monitoring online conversations to prevent behaviours such as technologically facilitated sexual harassment, revenge pornography, cyberbullying, grooming, inappropriate content, or online stalking, to name just a few. As students you can assist your education provider to keep everyone safe.

- Familiarise yourself with the relevant policies and procedures, and adhere to the expected behaviours outlined in these documents.
- Take note of where you can report bad online behaviour to your provider if you experience or notice it.
- learn to [call out bad online behaviour](#) and support your friends if they experience bad online behaviour.

### Social media

All social media sites can be used for abuse and harassment.

- The eSafety commissioner has created a great [resource for young people](#). The information is relevant to all students regardless of age and a multitude of topics from banter vs bullying to violent or inappropriate content.
- Know your privacy settings and where to change them. The [e Safety guide](#) introduces commonly used games, apps and social media sites and lets you know how to find the privacy settings, how to change them and where to report inappropriate content
- Only reveal details about yourself that are not harmful if they become public. Ask yourself before posting anything, if you would tell this to your grandmother. If the answer is no, then it might be better not to post it.
- Know the warning signs of [technology-facilitated abuse and stalking](#)



## Wellbeing

Rapid changes in society that touch just about every aspect of life can feel quite threatening. Looking after your own and others' physical and mental wellbeing is very important right now. Try to be proactive and seek support early, rather than wait until things get really difficult. The following list is a good starting point if you need information or support.

- [Beyond Blue](#) is providing a corona virus mental wellbeing support service and lots of ideas on how to cope with the changes due to the pandemic
- [Healthy relationships](#) help to maintain wellbeing
- The self-isolation and physical distancing during the pandemic can increase the risk of domestic violence. Both the [e safety commissioner](#) and [1800Respect](#) provide important information about how to stay safe and what to do if domestic violence occurs
- Even though you are studying online now, know where to seek support at your [university](#) or higher education provider
- 1800Respect provides support services, and is continuing to do so during the current pandemic. Their [website](#) also contains valuable further information about support for people who have experienced sexual assault, including sexual harassment, and domestic violence
- [Reachout.com](#) also provides information about sexual assault, including sexual harassment, and a nation-wide list of support services. Most of these are online or via the telephone
- The e-safety commissioner has compiled a list of [counselling and support services](#).